HMT84M624B HMT84M664B HMT84M654B
Microwave

BOSCH

[en] Instruction manual

en Table of contents

Important safety information ... 2
Causes of damage ... 4
Installation and connection ... 4
The control panel ... 5
Rotary selector ... 5
Accessories ... 5
Before using the appliance for the first time ... 6
Setting the clock ... 6
The microwave ... 6
Notes regarding ovenware ... 6
Microwave power settings ... 6
Setting the microwave ... 6
Cooling fan ... 7
Memory ... 7
Saving memory settings ... 7
Starting the memory ... 7
Changing the signal duration ... 7
Care and cleaning ... 8
Cleaning agents ... 8
Malfunction table ... 8
After-sales service ... 9
E number and FD number ... 9
Technical data ... 9
Environmentally-friendly disposal ... 9
Automatic programmes ... 10
Setting a programme ... 10
Defrosting using the automatic programmes ... 10
Cooking with the automatic programmes ... 10
Tested for you in our cooking studio ... 11
Information regarding the tables ... 11
Defrost ... 11
Defrosting, heating up or cooking frozen food ... 12
Heating food ... 12
Cooking food ... 13
Microwave tips ... 13
Test dishes in accordance with EN 60705 ... 14
Cooking and defrosting with microwave ... 14

Additional information on products, accessories, replacement parts and services can be found at **www.bosch-home.com** and in the online shop **www.bosch-eshop.com**

⚠ Important safety information

Read these instructions carefully. Only then will you be able to operate your appliance safely and correctly. Retain the instruction manual and installation instructions for future use or for subsequent owners.

This appliance is only intended to be fully fitted in a kitchen. Observe the special installation instructions.

Check the appliance for damage after unpacking it. Do not connect the appliance if it has been damaged in transport.

Only a licensed professional may connect appliances without plugs. Damage caused by incorrect connection is not covered under warranty.

This appliance is intended for domestic use only. The appliance must only be used for the preparation of food and drink. The appliance must be supervised during operation. Only use this appliance indoors.

This appliance may be used by children over the age of 8 years old and by persons with reduced physical, sensory or mental capabilities or by persons with a lack of experience or knowledge if they are supervised or are instructed by a person responsible for their safety how to use the appliance safely and have understood the associated hazards.

Children must not play with the appliance. Children must not clean the appliance or carry out general maintenance unless they are at least 8 years old and are being supervised.

Keep children below the age of 8 years old at a safe distance from the appliance and power cable.

Always insert the accessories into the cooking compartment correctly. *See "Description of accessories* in the instruction manual.

Risk of fire!

- Combustible items stored in the cooking compartment may catch fire. Never store combustible items in the cooking compartment. Never open the appliance door if there is smoke inside. Switch off the appliance and unplug it from the mains or switch off the circuit breaker in the fuse box.
- Using the appliance for anything other than its intended purpose is dangerous and may cause damage.

The following is not permitted: drying out food or clothing, heating slippers, grain or cereal pillows, sponges, damp cleaning cloths or similar.
For example, heated slippers and grain or cereal pillows may catch fire, even several hours after they have been heated.The appliance must only be used for the preparation of food and drinks.

- Food may catch fire. Never heat food in heat-retaining packages.
  Do not leave food heating unattended in containers made of plastic, paper or other combustible materials.
  Do not select a microwave power or time setting that is higher than necessary. Follow the information provided in this instruction manual.
  Never use the microwave to dry food. Never defrost or heat food with a low water content, e.g. bread, at too high a microwave power or for too long.
- Cooking oil may catch fire. Never use the microwave to heat cooking oil on its own.

Risk of explosion!

Liquids and other food may explode when in containers that have been tightly sealed. Never heat liquids or other food in containers that have been tightly sealed.

Risk of serious damage to health!

- The surface of the appliance may become damaged if it is not cleaned properly. Microwave energy may escape. Clean the appliance on a regular basis, and remove any food residue immediately. Always keep the cooking compartment, door seal, door and door stop clean; see also section *Care and cleaning*.
- Microwave energy may escape if the cooking compartment door or the door seal is damaged. Never use the appliance if the cooking compartment door or the door seal is damaged. Contact the after-sales service.
- Microwave energy will escape from appliances that do not have any casing. Never remove the casing. For any maintenance or repair work, contact the after-sales service.

Risk of electric shock!

- Incorrect repairs are dangerous. Repairs may only be carried out and damaged power cables replaced by one of our trained after-sales technicians. If the appliance is defective, unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service.
- The cable insulation on electrical appliances may melt when touching hot parts of the appliance. Never bring electrical appliance cables into contact with hot parts of the appliance.
- Penetrating moisture may cause an electric shock. Do not use any high-pressure cleaners or steam cleaners.
- A defective appliance may cause electric shock. Never switch on a defective appliance. Unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Contact the after-sales service.
- The appliance is a high-voltage appliance. Never remove the casing.

Risk of burns!

- Accessories and ovenware become very hot. Always use oven gloves to remove accessories or ovenware from the cooking compartment.
- Alcoholic vapours may catch fire in the hot cooking compartment. Never prepare food containing large quantities of drinks with a high alcohol content. Only use small quantities of drinks with a high alcohol content. Open the appliance door with care.
- Foods with peel or skin may burst or explode during, or even after, heating. Never cook eggs in their shells or reheat hard-boiled eggs. Never cook shellfish or crustaceans. Always prick the yolk when baking or poaching eggs. The skin of foods that have a peel or skin, such as apples, tomatoes, potatoes and sausages, may burst. Before heating, prick the peel or skin.
- Heat is not distributed evenly through baby food. Never heat baby food in closed containers. Always remove the lid or teat. Stir or shake well after the food has been heated. Check the temperature of the food before it is given to the child.
- Heated food gives off heat. The ovenware may become hot. Always use oven gloves to remove ovenware or accessories from the cooking compartment.
- Airtight packaging may burst when food is heated. Always observe the instructions on the packaging. Always use oven gloves

to remove dishes from the cooking compartment.

Risk of scalding!

- When you open the appliance door, hot steam may escape. Open the appliance door with care. Keep children at a safe distance.
- There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid may suddenly boil over and spatter. When heating, always place a spoon in the container. This will prevent delayed boiling.

Risk of injury!

- Scratched glass in the appliance door may develop into a crack. Do not use a glass scraper, sharp or abrasive cleaning aids or detergents.
- Unsuitable ovenware may crack. Porcelain or ceramic ovenware can have small perforations in the handles or lids. These perforations conceal a cavity below. Any moisture that penetrates this cavity could cause the ovenware to crack. Only use microwave-safe ovenware.

Causes of damage

Caution!

- Heavily soiled seal: If the seal is very dirty, the appliance door will no longer close properly during operation. The fronts of adjacent units could be damaged. Always keep the seal clean.
- Operating the microwave without food: Operating the appliance without food in the cooking compartment may lead to overloading. Never switch on the appliance unless there is food in the cooking compartment. An exception to this rule is a short crockery test (see the section "Microwave, suitable crockery").
- Microwave popcorn: Never set the microwave power too high. Use a power setting no higher than 600 watts. Always place the popcorn bag on a glass plate. The disc may jump if overloaded.
- Liquid that has boiled over must not be allowed to run through the turntable drive into the interior of the appliance. Monitor the cooking process. Choose a shorter cooking time initially, and increase the cooking time as required.
- Never use the microwave oven without the turntable.

Installation and connection

This appliance is intended for domestic use only.

This appliance is only intended to be fully fitted in a kitchen.

Please observe the special installation instructions.

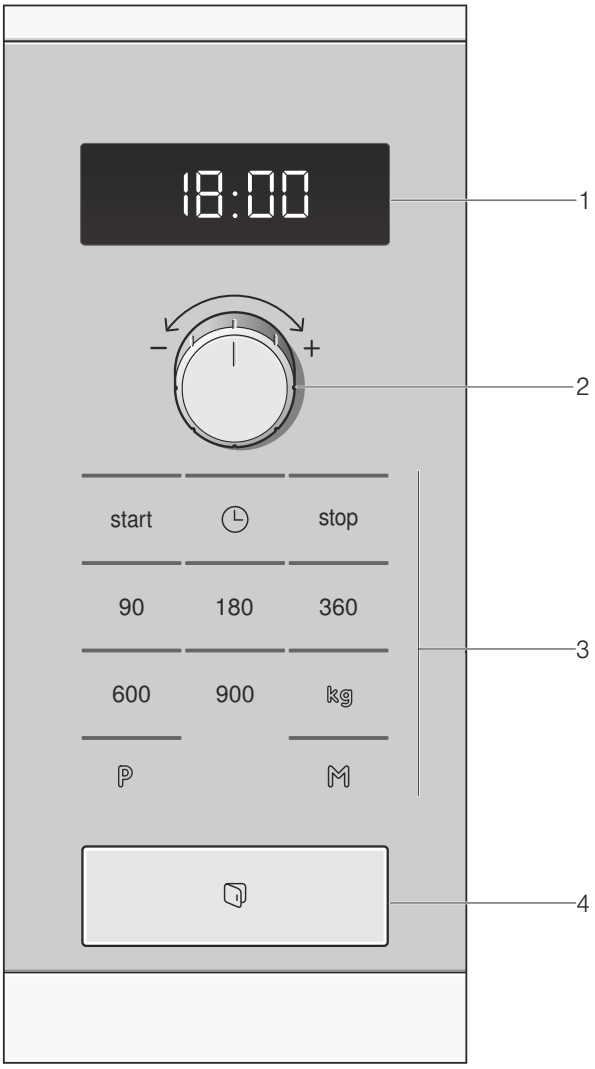
The appliance is fitted with a plug and must only be connected to a properly-installed earthed socket. The fuse protection must be rated at 10 amperes (L or B circuit breakers). The mains voltage must correspond to the voltage specified on the rating plate.

The socket must be installed and the power cable replaced by a qualified electrician only. If the plug is no longer accessible following installation, an all-pin disconnecting device must be present on the installation side, with a contact gap of at least 3 mm.

Multiple plugs, plug bars and extension leads must not be used. Overloading can result in a risk of fire.

The control panel

Here, you will see an overview of the control panel. Depending on the appliance model, individual details may differ.



1	**Display** for clock and cooking time
2	**Rotary selector** for setting the time and cooking time or for setting automatic programmes
3	**Buttons**
4	**Door opener**

Buttons	**Use**
start	Starts operation
◷	Sets the clock
stop	Stops operation
90	Selects 90 watt microwave power
180	Selects 180 watt microwave power
360	Selects 360 watt microwave power
600	Selects 600 watt microwave power
900	Selects 900 watt microwave power
ℙ	Selects automatic programmes
kg	Select the kilogrammes for the programmes
𝕄	Selects the memory

Rotary selector

The rotary selector is used to alter the default values and set values.

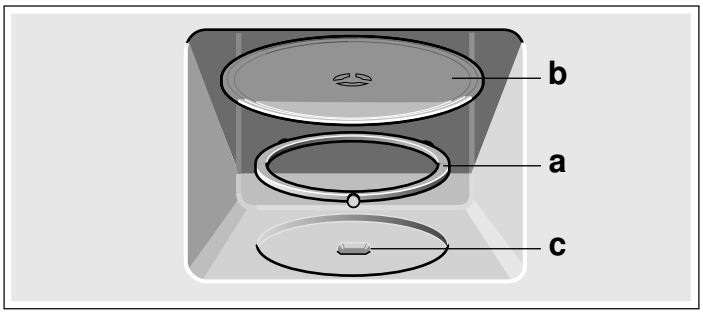
The rotary selector is retractable. Press on the rotary selector to lock it in or out.

Accessories

The turntable

How to fit the turntable:

1. Place the turntable ring **a** in the recess in the cooking compartment.
2. Let the turntable **b** slot in place in the drive **c** in the centre of the cooking compartment floor.



Note: Do not use the appliance if the turntable is not in place. Ensure that it is properly slotted into place. The turntable can turn clockwise or anti-clockwise.

Special accessories

You can purchase special accessories from the after-sales service or specialist retailers. Please specify the HEZ number. You will find a comprehensive range of products in our brochures and on the Internet. The availability of special accessories and whether it is possible to order them online may vary depending on your country. Please see the sales brochures for more details.

Steamer ovenware	HEZ 86 D 000

Before using the appliance for the first time

Here you will find everything you need to do before using the microwave to prepare food for the first time. First read the section on *Safety information*.

Setting the clock

When the appliance is first connected or after a power cut, three zeros will appear in the display panel.

1. Press the ◷ button.
   12:00 h appears in the display and the indicator lamp above the ◷ button lights up.
2. Set the clock using the rotary selector.
3. Press the ◷ button again.

The current time is set.

Hiding the clock

Press the ◷ button and then press Stop.
The display is blank.

Resetting the clock

Press the ◷ button.
"12:00" appears in the display. Make settings as detailed in points 2 and 3.

Change the clock, e.g. from summer to winter time

Set as described in point 1 to 3.

The microwave

Microwaves are converted to heat in foodstuffs. You will find information about ovenware and how to set the microwave.

Note: In the *Tested for you in our cooking studio* section, you will find examples for defrosting, heating and cooking with the microwave oven.

Try out the microwave straight away. You could heat up a cup of water for your tea, for example.

Use a large cup without any decorative gold or silver trim and place a teaspoon in it. Place the cup containing the water on the turntable.

1. Press 900 W.
2. Set 1:30 minutes using the rotary knob.
3. Press the "start" button.

After 1 minute 30 seconds, a signal sounds. The water is hot.

As you are drinking your tea, please take time to read again the safety information that can be found at the front of the instruction manual. This is very important.

Notes regarding ovenware

Suitable ovenware

Suitable dishes are heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resistant plastic. These materials allow microwaves to pass through.

You can also use serving dishes. This saves you having to transfer food from one dish to another. You should only use ovenware with decorative gold or silver trim if the manufacturer guarantees that they are suitable for use in microwaves.

Unsuitable ovenware

Metal ovenware is unsuitable. Metal does not allow microwaves to pass through. Food in covered metal containers will remain cold.

Caution!

Creation of sparks: metal – e.g. a spoon in a glass – must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could destroy the glass on the inside of the door.

Ovenware test

Do not switch on the microwave unless there is food inside. The following ovenware test is the only exception to this rule.

Perform the following test if you are unsure whether your ovenware is suitable for use in the microwave:

1. Heat the empty ovenware at maximum power for ½ to 1 minute.
2. Check the temperature occasionally during that time.

The ovenware should still be cold or warm to the touch.

The ovenware is unsuitable if it becomes hot or sparks are generated.

Microwave power settings

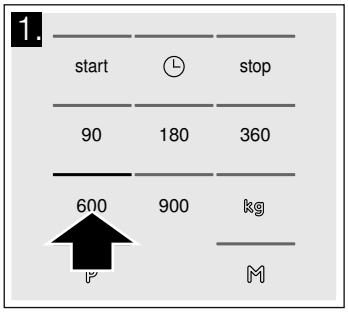
Microwave power setting	Suitable for
90 W	Defrosting delicate foods
180 W	Defrosting and continued cooking
360 W	Cooking meat and heating delicate foods
600 W	Heating and cooking food
900 W	Heating liquids

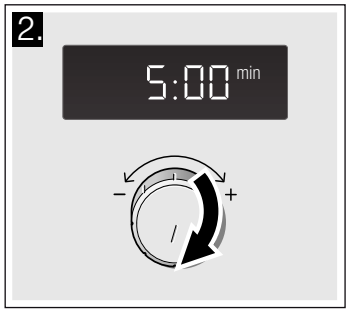
Note: You can set the 900 W microwave power setting for 30 minutes, 600 W for 1 hour, the other power settings for 1 hour and 39 minutes respectively.

Setting the microwave

Example: microwave power 600 watts, 5 minutes

1. Press the required microwave power setting.
   The indicator light above the button lights up.
2. Set a cooking time using the rotary selector.





3. Press the start button.

The cooking time counts down in the display.

The cooking time has elapsed

A signal sounds. Open the appliance door or press Stop. The clock reappears.

Changing the cooking time

This can be done at any time. Change the cooking time using the rotary selector.

Pausing

Press the Stop button once or open the appliance door. Operation is suspended. The display above Start flashes. After closing the door, press the Start button again.

Cancelling operation

Press the Stop button twice, or open the door and press the Stop button once.

Note: You can also adjust the cooking time first and then the microwave power setting.

Cooling fan

The appliance is equipped with a cooling fan. The fan may run on even if the oven has been switched off.

Notes

- The cooking compartment remains cold during microwave operation. The cooling fan will still switch on. The fan may run on even when microwave operation has ended.
- Condensation may appear on the door window, interior walls and floor. This is normal and does not adversely affect microwave operation. Wipe away the condensation after cooking.

Memory

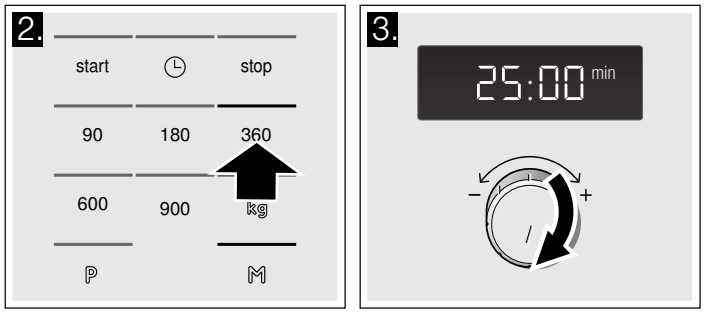
You can save the settings for a dish in the memory and call it up again at any time.

The memory is useful for if you frequently prepare a specific dish.

Saving memory settings

Example: 360 watts, 25 minutes

1. Press the M button.
   The indicator light above the button lights up.
2. Press the required microwave power setting.
   The indicator light above the button lights up and 1:00 min appears in the display.
3. Set the cooking time using the rotary selector.



4. Confirm by pressing the M button.

The clock reappears. The setting is saved.

Notes

- You can save the memory settings and start the appliance immediately. When finishing, instead of pressing M, press start.
- You cannot save several microwave power settings one after the other.
- You cannot save automatic programmes.

Adding to the memory

1. Press the M button.
   The old settings appear.
2. Save the new programme as described in steps 1 to 4.

Starting the memory

It is very easy to start the saved programme. Place your meal into the appliance. Close the appliance door.

1. Press the M button.
   The saved settings are displayed.
2. Press the start button.

The cooking time counts down in the display.

The cooking time has elapsed

A signal sounds. Open the appliance door or press Stop. The clock reappears.

Pausing

Press the Stop button once or open the appliance door. Operation is suspended. The display above Start flashes. After closing the door, press the Start button again.

Cancelling

Press the "stop" button twice, or open the door and press the "stop" button once.

Changing the signal duration

You will hear a signal when the appliance is switched off. You can change the duration of the acoustic signal.

Press the "start" button for approx. 6 seconds.

The new signal duration is adopted.
The clock reappears.

The following are possible:
Short signal duration - 3 tones
Long signal duration - 30 tones.

Care and cleaning

With careful care and cleaning your microwave oven will retain its looks and remain good order. We will explain here how you should care for and clean your appliance correctly.

⚠ Risk of short circuit!

Never use high-pressure cleaners or steam cleaners to clean the oven.

⚠ Risk of burns!

Never clean the appliance immediately after switching off. Let the appliance cool down.

⚠ Risk of electric shock!

Do not immerse the appliance in water or clean under a jet of water.

Surfaces are different, and damage caused by using the wrong cleaning agent can be avoided by observing the information in the table below.

Do not use

- sharp or abrasive cleaning agents.
  The surface could be damaged. If such a substance comes into contact with the front of the appliance, wash it off immediately with water.
- metal or glass scrapers to clean the glass in the appliance door.
- metal or glass scrapers for cleaning the seal.
- hard scouring pads or cleaning sponges.
  Wash new sponge cloths thoroughly before use.
- cleaning agents with high concentrations of alcohol.

Cleaning agents

Caution!

Before cleaning, unplug the appliance from the mains or switch off the circuit breaker in the fuse box. Clean the outside of the appliance and the cooking compartment with a damp cloth and mild detergent. Dry with a clean cloth.

Area	Cleaning agents
Appliance front	Hot soapy water: Clean with a dish cloth and dry with a soft cloth. Do not use glass cleaners or metal or glass scrapers for cleaning.
Appliance front with stainless steel	Hot soapy water: Clean with a dish cloth and dry with a soft cloth. Remove flecks of limescale, grease, starch and albumin (e.g. egg white) immediately. Corrosion can form under such residues. Special stainless steel cleaning agents can be obtained from the after-sales service or from specialist shops. Do not use glass cleaners or metal or glass scrapers for cleaning.
Cooking compartment made of stainless steel	Hot soapy water or a vinegar solution: Clean with a dish cloth and dry with a soft cloth. If the oven is very dirty: use oven cleaner, but only when cooking compartment is cold. It is best to use a stainless-steel sponge. Do not use oven spray or other aggressive oven cleaners or abrasive materials. Scouring pads, rough sponges and pan cleaners are also unsuitable. These items scratch the surface. Allow the interior surfaces to dry thoroughly.
Recess in cooking compartment	Damp cloth: Ensure that no water seeps through the turntable drive into the appliance interior.
Turntable and turntable ring	Hot soapy water: When putting the turntable back in place, make sure it slots in correctly.
Door panels	Glass cleaner: Clean with a dish cloth. Do not use a glass scraper.
Seal	Hot soapy water: Clean with a dish cloth, do not scour. Do not use a metal or glass scraper for cleaning.

Malfunction table

Malfunctions often have simple explanations. Please refer to the malfunction table before calling the after-sales service.

If a meal does not turn out exactly as you wanted, refer to the *Tested for you in our cooking studio* section, where you will find plenty of cooking tips and tricks.

⚠ Risk of electric shock!

Incorrect repairs are dangerous. Repairs may only be carried out by one of our trained after-sales engineers.

You can take remedial action yourself for some error messages.

Troubleshooting

Error message	Possible cause	Remedy/note
The appliance does not work	The plug is not plugged in.	Plug the plug in
	Power failure	Check whether the kitchen light works.
	Faulty circuit breaker	Look in the fuse box to make sure that the circuit breaker for the appliance is in working order.
	Faulty operation	Switch off the circuit breaker in the fuse box. Switch it back on after approx. 10 seconds.
Three zeros light up in the display.	Power failure	Reset the time.

Error message	Possible cause	Remedy/note
The appliance is not in operation. A cooking time appears in the display.	The rotary selector was actuated accidentally.	Press the Stop button.
	The Start button was not pressed after setting.	Press the Start button or cancel the setting with the Stop button.
The microwave does not work.	The door was not fully closed.	Check whether food residue or debris is trapped in the door.
	The Start button was not pressed.	Press the Start button.
It takes longer than before for the food to heat up	The microwave power level setting was too low.	Select a higher microwave power setting.
	A larger amount of food than usual has been placed in the appliance.	Double the amount – double the time.
	The food was colder than usual.	Stir or turn the food during cooking.
The turntable makes a scratching or grinding noise.	Dirt or debris in the area around the turntable drive.	Clean the roller ring and the recess in the cooking compartment.
Microwave operation has been cancelled for no apparent reason.	The microwave has a fault.	If this fault occurs repeatedly, please call the after-sales service.
"M" appears in the display.	The appliance is in demo mode.	Press and hold the Start button and the Stop button for approx. 7 seconds. Demo mode is deactivated.

After-sales service

Our after-sales service is there for you if your appliance needs to be repaired. We will always find the right solution in order to avoid unnecessary visits from a service technician.

E number and FD number

When calling us, please give the product number (E no.) and the production number (FD no.) so that we can provide you with the correct advice. The rating plate bearing these numbers can be found on the right-hand side when you open the appliance door. To save time, you can make a note of the number of your appliance and the telephone number of the after-sales service in the space below, should it be required.

E no. **FD no.**

After-sales service ☏

Please note that there will be a fee for a visit by a service technician in the event of a malfunction, even during the warranty period.

Please find the contact data of all countries in the enclosed customer service list.

To book an engineer visit and product advice

GB 0844 8928979
Calls from a BT landline will be charged at up to 3 pence per minute. A call set-up fee of up to 6 pence may apply.

IE 01450 2655
0.03 € per minute at peak. Off peak 0.0088 € per minute.

Trust the expertise of the manufacturer, and rest assured that the repair will be carried out by trained service technicians using original spare parts for your domestic appliance.

This appliance corresponds to the standards EN 55011 and CISPR 11. It is a Group 2, Class B product.

Group 2 means that microwaves are produced for the purpose of heating food. Class B states that the appliance is suitable for private households.

Technical data

Input voltage	AC 230 - 240 V 50 Hz
Power consumption	1450 W
Maximum output power	900 W
Microwave frequency	2450 MHz
Fuse	10 A

Dimensions (HxWxD)	
- appliance	382 mm x 594 mm x 388 mm
- cooking compartment	208 mm x 328 mm x 369 mm

VDE approved	yes
CE mark	yes

Environmentally-friendly disposal

Dispose of packaging in an environmentally-friendly manner.

This appliance is labelled in accordance with European Directive 2012/19/EU concerning used electrical and electronic appliances (waste electrical and electronic equipment - WEEE). The guideline determines the framework for the return and recycling of used appliances as applicable throughout the EU.

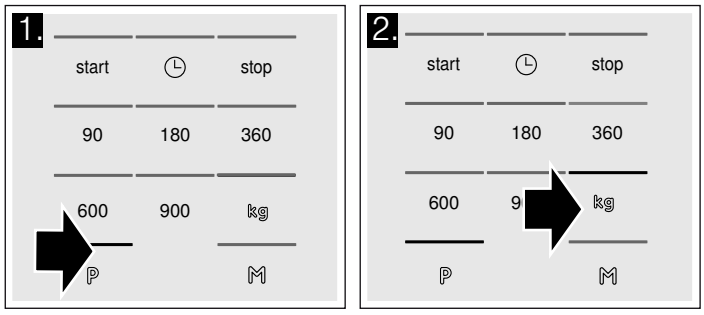
Automatic programmes

You can use the automatic programmes to defrost food with the greatest of ease and prepare dishes quickly and easily. You select the programme and enter the weight of your food. The automatic programme makes the optimum setting. You can select from 7 programmes.

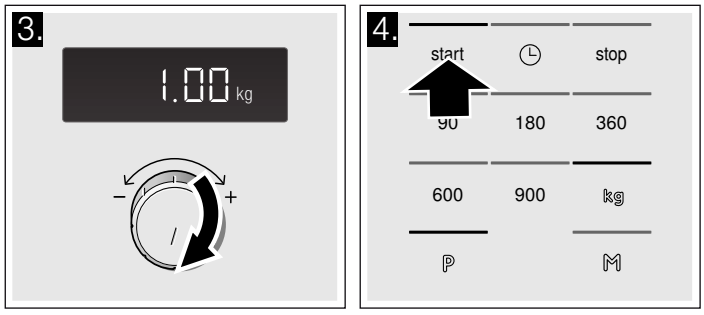
Setting a programme

Once you have selected a programme, make settings as follows:

1. Press the ℙ button repeatedly until the required programme number appears.
   The indicator light above the button lights up.
2. Press the ⓚⓖ button.
   The indicator light above the button lights up and a suggested weight appears.



3. Turn the rotary selector to specify the weight of the food.
4. Press the start button.



You will see the cooking time for the programme counting down.

The cooking time has elapsed

A signal sounds. Open the appliance door or press Stop. The clock reappears.

Correction

Press the "stop" button twice and reset.

Pausing

Press the Stop button once or open the appliance door. Operation is suspended. The display above Start flashes. After closing the door, press the Start button again.

Cancelling

Press the "stop" button twice, or open the door and press the "stop" button once.

Notes

- For some programmes, a signal sounds after a certain time. Open the appliance door and stir the food or turn the meat or poultry. After closing the door, press the start button again.
- You can query the programme number and weight using ℙ or ⓚⓖ. The queried value is shown for 3 seconds in the display.

Defrosting using the automatic programmes

You can use the 4 defrosting programmes to defrost meat, poultry and bread.

Notes

- **Preparing food**
  Use food that has been frozen at -18 °C and stored in portion-sized quantities that are as thin as possible.
  Take the food to be defrosted out of all packaging and weigh it. You need to know the weight to set the programme.
- Liquid will be produced when defrosting meat or poultry. Drain off this liquid when turning meat and poultry and under no circumstances use it for other purposes or allow it to come into contact with other foods.
- **Ovenware**
  Place the food in a microwaveable shallow dish, e.g. a china or glass plate, but do not cover.
- **Resting time**
  The defrosted food should be left to stand for an additional 10 to 30 minutes until it reaches an even temperature. Large pieces of meat require a longer standing time than smaller pieces. Flat pieces of meat and items made from minced meat should be separated from each other before leaving to stand.
  After this time, you can continue to prepare the food, even though thick pieces of meat may still be frozen in the middle. The giblets can be removed from poultry at this point.
- **Signal**
  For some programmes, a signal sounds after a certain time. Open the appliance door and separate the food out or turn the meat or poultry. Close the door and press the Start button.

Programme no.		Weight range in kg
	Defrost	
P 01	Minced meat	0.20 - 1.00
P 02	Pieces of meat	0.20 - 1.00
P 03	Chicken, chicken pieces	0.40 - 1.80
P 04	Bread	0.20 - 1.00

Cooking with the automatic programmes

With the 3 cooking programmes, you can cook rice, potatoes or vegetables.

Notes

- **Ovenware**
  The food must be cooked in microwaveable cookware with a lid. For rice, you should use a large, deep dish.
- **Preparing food**
  Weigh out the food. You need to know the weight to set the programme.
  Rice:
  Do not use boil-in-the-bag rice. Add the required amount of water, as specified on the packaging. This is usually two or three times the quantity of rice.
  Potatoes:
  For boiled potatoes, cut the fresh potatoes into small, even-sized pieces. Add one tablespoon of water for each 100 g boiled potatoes, and a little salt.
  Fresh vegetables:
  Weigh out the fresh, trimmed vegetables. Cut the vegetables into small, even-sized pieces. Add a tbsp water for each 100 g vegetables.

- **Signal**
  While the programme is running, a signal sounds after some time. Stir the food.
- **Resting time**
  Once the programme has finished, stir the food again. You should leave it to stand for another 5 to 10 minutes until it reaches an even temperature.
  The cooking result will depend on the quality and consistency of the food.

Programme no.		Weight range in kg
	Cooking	
P 05	Rice	0.05 - 0.2
P 06	Potatoes	0.15 - 1.0
P 07	Vegetables	0.15 - 1.0

Tested for you in our cooking studio

Here you will find a selection of recipes and the ideal settings for them. We show you which microwave power setting is best suited to your dish. There are also tips about ovenware and preparation methods.

Information regarding the tables

The following tables provide you with numerous options and settings for the microwave.

The times specified in the tables are only guidelines. They may vary according to the ovenware used, the quality, temperature and consistency of the food.

Time ranges are often specified in the tables. Set the shortest time first and then extend the time if necessary.

It may be that you have different quantities from those specified in the tables. A rule of thumb can be applied:
Double the amount - almost twice the cooking time
Half the amount - half the cooking time.

Always place the ovenware on the turntable.

Defrost

Notes

- Place the frozen food in an open container on the turntable.
- Delicate parts such as the legs and wings of chicken or fatty outer layers of roasts can be covered with small pieces of aluminium foil. The foil must not touch the oven walls. You can remove the foil half way through the defrosting time.
- Liquid will be produced when defrosting meat or poultry. Drain off this liquid when turning meat and poultry and under no circumstances use it for other purposes or allow it to come into contact with other foods.
- Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times.
- Leave defrosted items to stand at room temperature for a further 10 to 20 minutes so that the temperature is even throughout. The giblets can be removed from poultry at this point. The meat can still be further prepared, even if it has a small frozen core.

Defrost	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Whole pieces of meat (beef, veal or pork - on the bone or boned)	800 g	180 W, 15 mins + 90 W, 10-20 mins	-
	1 kg	180 W, 20 mins + 90 W, 15-25 mins	
	1.5 kg	180 W, 30 mins + 90 W, 20-30 mins	
Meat in pieces or slices of beef, veal or pork	200 g	180 W, 2 mins + 90 W, 4-6 mins	Separate any defrosted parts when turning
	500 g	180 W, 5 mins + 90 W, 5-10 mins	
	800 g	180 W, 8 mins + 90 W, 10-15 mins	
Minced meat, mixed	200 g	90 W, 10 mins	Freeze food flat if possible Turn several times, remove any defrosted meat
	500 g	180 W, 5 mins + 90 W, 10-15 mins	
	800 g	180 W, 8 mins + 90 W, 10-20 mins	
Poultry or poultry portions	600 g	180 W, 8 mins + 90 W, 10-15 mins	-
	1.2 kg	180 W, 15 mins + 90 W, 20-25 mins	
Fish fillet, fish steak or slices	400 g	180 W, 5 mins + 90 W, 10-15 mins	Separate any defrosted parts
Vegetables, e.g. peas	300 g	180 W, 10-15 mins	-
Fruit, e.g. raspberries	300 g	180 W, 7-10 mins	Stir carefully during defrosting and separate any defrosted parts
	500 g	180 W, 8 mins + 90 W, 5-10 mins	
Butter, defrosting	125 g	180 W, 1 min. + 90 W, 2-3 mins	Remove all packaging
	250 g	180 W, 1 min + 90 W, 3-4 mins	
Loaf of bread	500 g	180 W, 6 mins + 90 W, 5-10 mins	-
	1 kg	180 W, 12 mins + 90 W, 10-20 mins	
Cakes, dry, e.g. sponge cake	500 g	90 W, 10-15 mins	Only for cakes without icing, cream or crème pâtissière, separate the pieces of cake
	750 g	180 W, 5 mins + 90 W, 10-15 mins	
Cakes, moist, e.g. fruit flan, cheese-cake	500 g	180 W, 5 mins + 90 W, 15-20 mins	Only for cakes without icing, cream or gelatine
	750 g	180 W, 7 mins + 90 W, 15-20 mins	

Defrosting, heating up or cooking frozen food

Notes

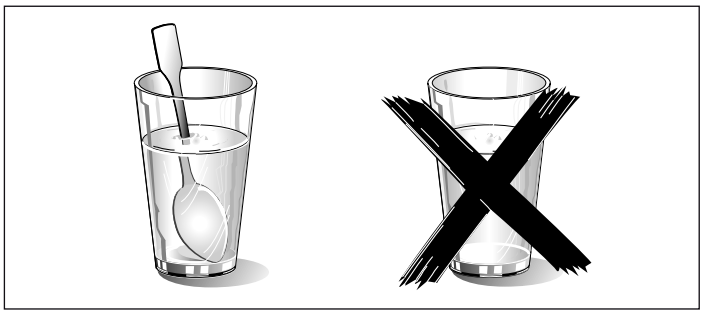
- Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up .
- Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the ovenware. Different foodstuffs should not be placed in layers on top of one another.
- Always cover the food. If you do not have a suitable cover for your ovenware, use a plate or special microwave foil.
- Stir or turn the food 2 or 3 times during cooking.
- After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.
- This will help the food retain its own distinct taste, so it will require less seasoning.

Defrosting, heating up or cooking frozen food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal (2-3 components)	300-400 g	600 W, 8-11 mins	-
Soup	400 g	600 W, 8-10 mins	-
Stews	500 g	600 W, 10-13 mins	-
Slices or pieces of meat in sauce, e.g. goulash	500 g	600 W, 12-17 mins	Separate the pieces of meat when stirring
Fish, e.g. fillet steaks	400 g	600 W, 10-15 mins	Add water, lemon juice or wine as desired
Bakes, e.g. lasagne, cannelloni	450 g	600 W, 10-15 mins	-
Side dishes, e.g. rice, pasta	250 g	600 W, 2-5 mins	Add a little liquid
	500 g	600 W, 8-10 mins	
Vegetables, e.g. peas, broccoli, carrots	300 g	600 W, 8-10 mins	Pour water into the dish so that it covers the base
	600 g	600 W, 14-17 mins	
Creamed spinach	450 g	600 W, 11-16 mins	Cook without additional water

Heating food

⚠ Risk of scalding!

There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only moves a little, the hot liquid can suddenly boil over and spatter. When heating liquids, always place a spoon in the container. This will prevent delayed boiling.



Caution!

Metal - e.g. a spoon in a glass - must be kept at least 2 cm from the oven walls and the inside of the door. Sparks could irreparably damage the glass on the inside of the door.

Notes

- Take ready meals out of the packaging. They will heat up more quickly and evenly in microwaveable ovenware. The different components of the meal may not require the same amount of time to heat up .
- Always cover the food. If you do not have a suitable cover for your container, use a plate or special microwave foil.
- Stir or turn the food several times during the heating time. Check the temperature.
- After heating, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.

Heating food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Menu, plated meal, ready meal (2-3 components)	350-500 g	600 W, 4-8 mins	-
Drinks	150 ml	900 W, 1-2 mins	Place a spoon in the glass; do not overheat alcoholic drinks; check during heating
	300 ml	900 W, 3-3 mins	
	500 ml	900 W, 3-4 mins	
Baby food, e.g. baby bottle	50 ml	360 W, approx. ½ min	No teats or lids. Always shake well after heating. You must check the temperature
	100 ml	360 W, approx. 1 min	
	200 ml	360 W, 1½ min	
Soup 1 cup	200 g	600 W, 2-3 mins	-
Soup, 2 cups	400 g	600 W, 4-5 mins	-
Meat in sauce	500 g	600 W, 8-11 mins	Separate the slices of meat

Heating food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Stew	400 g	600 W, 6-8 mins	-
	800 g	600 W, 8-11 mins	-
Vegetables, 1 portion	150 g	600 W, 2-3 mins	add a little liquid
Vegetables, 2 portions	300 g	600 W, 3-5 mins	

Cooking food

Notes

- Food which lies flat will cook more quickly than food which is piled high. You should therefore distribute the food so that it is as flat as possible in the ovenware. Different foodstuffs should not be placed in layers on top of one another.
- Cook the food in ovenware with a lid. If you do not have a suitable lid for your ovenware, use a plate or special microwave foil.
- This will help the food retain its own distinct taste, so it will require less seasoning.
- After cooking, allow the food to stand for a further 2 to 5 minutes so that it can achieve an even temperature.
- Always use an oven cloth or oven gloves when removing plates from the oven.

Cooking food	Weight	Microwave power setting in watts, cooking time in minutes	Notes
Meat loaf	750 g	600 W, 20-25 mins	Cook uncovered
Whole chicken, fresh, no giblets	1.2 kg	600 W, 25-30 mins	Turn halfway through the cooking time
Fresh vegetables	250 g	600 W, 5-10 mins	Cut vegetables into pieces of equal size. Add 1 to 2 tbsp water per 100 g of vegetables. Stir during cooking
	500 g	600 W, 10-15 mins	
Potatoes	250 g	600 W, 8-10 mins	Cut potatoes into pieces of equal size; Add 1 to 2 tbsp water for every 100 g. Stir during cooking
	500 g	600 W, 11-14 mins	
	750 g	600 W, 15-22 mins	
Rice	125 g	600 W, 5-7 mins + 180 W, 12-15 mins	Add double the quantity of liquid.
	250 g	600 W, 6-8 mins + 180 W, 15-18 mins	
Sweet foods, e.g. blancmange (instant)	500 ml	600 W, 6-8 mins	Stir the custard pudding thoroughly 2 to 3 times during cooking using an egg whisk.
Fruit, compote	500 g	600 W, 9-12 mins	-

Microwave tips

You cannot find any information about the settings for the quantity of food you have prepared.	Increase or reduce the cooking times using the following rule of thumb: Double the amount = almost double the cooking time Half the amount = half the cooking time
The food has become too dry.	Next time, set a shorter cooking time or select a lower microwave power setting. Cover the food and add more liquid.
When the time has elapsed, the food is not defrosted, hot or cooked.	Set a longer time. Large quantities and food which is piled high require longer times.
When the time has elapsed, the food is overheated at the edge but not done in the middle.	Stir it during the cooking time and next time, select a lower microwave power setting and a longer cooking time.
After defrosting, the poultry or meat is defrosted on the outside but not defrosted in the middle.	Next time, select a lower microwave power setting. If you are defrosting a large quantity, turn it several times.

Condensation

Condensation may appear on the door window, interior walls and floor. This is normal. This does not affect how the microwave operates. Wipe away the condensation after cooking.

Test dishes in accordance with EN 60705

The quality and correct operation of microwave appliances are tested by testing institutes using these dishes.

In accordance with EN 60705, IEC 60705, DIN 44547 and EN 60350 (2009)

Cooking and defrosting with microwave

Microwave cooking

Dish	Microwave setting (watts) nd cooking time in minutes	Notes
Custard, 565 g	180 watts, 25-30 mins + 90 watts, 20-25 mins	Place the 20 x 17 cm Pyrex dish on the turntable.
Sponge	600 watts, 8-10 mins	Place the Ø 22 cm Pyrex dish on the turntable.
Meatloaf	600 watts, 20-25 mins	Place the Pyrex dish on the turntable.

Microwave defrosting

Dish	Microwave setting (watts) nd cooking time in minutes	Note
Meat	180 watts, 5-7 mins + 90 watts, 10-15 mins	Place the Ø 22 cm Pyrex dish on the turntable.

Robert Bosch Hausgeräte GmbH
Carl-Wery-Straße 34
81739 München
Germany
www.bosch-home.com

9000923532

(02)
940128